

Summer 2017 Menu

Wk	Breakfast 8.00-8.30	Lunch 11.30am	Tea 3.30pm	Twilight snack
1				
Monday	Choice of healthy cereals	Wholemeal Pesto Pasta (2) (7) ~ Eton Mess (7) (4)	Hot dogs and salad (2) ~ Fresh Fruit	A drink and a biscuit
Tuesday		Chicken & Tomato Bake with Cous Cous (2) (7) ~ Natural Yoghurt and Honey (7)	Summer chicken pie (1) (2) - Fresh Fruit	
Wednesday		Salmon and spinach pasta (2) (7) ~ Fromage Frais (7)	Pitta bread, cheese and veg sticks and dips (2) (7) ~ Fresh Fruit	
Thursday		Chicken casserole and mash (2) (1) (9) ~ Beetroot Cake (2) (4) (7)	Cheesy Bean Bake (7) ~ Fresh Fruit	
Friday		Fish Fingers, veg and mash (5) (2) ~ Fruit salad	Pizzas (2) (7) ~ Fresh Fruit	

1=Celery 2=Cereals containing gluten 3=Crustaceans 4=Eggs 5=Fish 6=Lupin 7=Milk 8=Molluscs 9=Mustard 10=Nuts 11= Peanuts

12= Sesame seeds 13-Soya 14= Sulphur dioxide (sometimes known as sulphites)

Milk is available for morning snack and in the afternoon. Water is available at all times

Summer 2017 Menu

WEEK	Breakfast	Lunch	Tea 3.30pm	Twilight Snack
2	8.00-8.30	11.30am		
Monday	Choice of healthy Cereal	Pesto Gnocchi (7) (2) ~ Natural Yoghurt and Honey (7)	Cream Cheese Bagels & Veg sticks/Dips (7) (2) ~ Fresh Fruit	A drink and a biscuit
Tuesday		Chicken, tomato/courgette wholemeal pasta (2) (1) (7) ~ Blueberry Cake (4) (2)	Tuna Melt Panini (2) (7) (5) ~ Fresh Fruit	
Wednesday		Enchiladas (1) (7) (9) ~ Fromage frais	Summer Veg Soup with Wholemeal Bread (1) (2) ~ Fresh Fruit	
Thursday		Meatball bake and bulgur wheat (2) (1) ~ Banana Bread (2) (4)	Wraps and Salad (2) (5) (4) (7) ~ Fresh Fruit	
Friday		Chicken Korma with Rice and Naan (1) (2) ~ Fromage Frais (7)	Summer tart (2) (7) ~ Fresh Fruit	

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Summer 2017 Menu

Wk 3	Breakfast 8.00-8.30am	Lunch 11.30am	Tea 3.30pm	Twilight snack
Monday	Choice of healthy cereals	Sausage and veg pasta (2) (7) ~ Malt Loaf (2) (7)	Summer veg soup and wholemeal Baguettes (2) (1) ~ Fresh Fruit	A drink and a biscuit
Tuesday		Fish Pie and Veg (7) (5) ~ Fromage Frais (7)	Scrambled egg, beans and toast (4) (7) (2) ~ Fresh Fruit	
Wednesday		Fishcakes, mash and paas (2) (5) (7) ~ Pear Cake (2) (4)	Ravioli (2) (4) ~ Fresh Fruit	
Thursday		Cottage Pie and Mixed Veg (7) (1) ~ Berries and Natural Yoghurt (7)	Pitta Pockets (2) (5) (7) ~ Fresh Fruit	
Friday		Chicken Supreme with brown rice (7) (9) ~ Natural Yoghurt and Honey (7)	Open sandwich rolls with salad (2) (5) (7) ~ Fresh Fruit	

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